

HOME FOR THE HEROES

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Serving
Those
Who Served



OFFICIAL NEWSLETTER OF THE
CONNECTICUT VETERANS' HOME
ROCKY HILL, CONNECTICUT

From the desk of
COMMISSIONER LINDA SCHWARTZ

The residents of our Veterans' Home in Rocky Hill join me in thanking Governor M. Jodi Rell for her strong support in obtaining \$8,797,500 in new state funding for the construction of a new healthcare facility and the installation of a new water loop distribution system at our facility. That money was authorized by the State Bond Commission, which is chaired by the governor, at its March 31st meeting.

The state will provide \$7,585,000 as its portion of the \$33 million healthcare building with the federal VA paying 65% percent of the rest of the cost for the project. In addition, the state will pay \$1,212,500 as its share of the \$4.6 million water loop system replacement project with the federal VA picking up the remaining cost. By committing nearly \$9 million in funds, the state is receiving nearly \$25 in federal grants for the two projects

We expect final VA approval for the projects in the beginning of this month with groundbreaking taking place in late June or early July. The new 125-bed healthcare facility is expected to be open in late 2007.

Some of our residents are dealing with **A WEIGHTY ISSUE!**

MOVE! is a federal VA weight management and physical activity program for veterans. It stands for Managing Overweight/Obesity for Veterans Everywhere. Connecticut is the first state in the nation to take part in the project. About 20 of our residents currently meet once a week for both classroom instruction and physical activities. Cynthia Eddy, a Registered Dietician and Certified Diabetes Educator is the coordinator of our program. The veterans weigh-in at the beginning of each class to determine how much weight they have lost. Exercises are done in the classroom and for some, in our veterans' weight room. The two important things they learn is to eat fewer calories and move around more.



Set Your Weight Loss Goals

Putting goals on paper helps keep you on track. You can revise or add to your goals at any time.

1. Set a goal for weight loss.
Start with a goal of no more than 10% of your current weight.

I currently weigh _____ pounds.
My initial goal is to lose _____ pounds.

Example: "If you weigh 250 pounds, your goal might be to lose 25 pounds or you could decide to make a 5 pound goal. When you lose 10 pounds, set a new 10 pound goal. Change is realistic, achievable goal."


2. Decide on 1 or 2 food/beverage choice changes.
What can you do to take in fewer calories and less fat?
Example: "I will have low-fat milk with my cereal every day this week."
Write them down:
1. _____
2. _____

3. Decide on 1 or 2 ways to increase your activity level.
Make them simple and realistic. As your fitness improves, add to these goals.
Example: "I will take the stairs to the second floor at work this week."
Write them down:
1. _____
2. _____

4. Weigh yourself at least once a week.

Signature: _____ Date: _____

MOVE! MANAGING OVERWEIGHT/OBESITY FOR VETERANS EVERYWHERE



Photographs by Charlotte Storey of the Veterans' Home staff.



Volunteers always ready to **HELP OUR VETERANS!**

While members of our staff provide the basic and necessary services for the residents of our Veterans' Home, there is another group of people who also pitch in. They are the hundreds of individuals and organizations who volunteer their time, efforts and money to make life easier and more enjoyable for our veterans. Veteran posts, fraternal groups and patriotic organizations are always ready and anxious to assist our residents in any way they can.

Thousands of dollars in checks are received and used for many things from purchasing personal items for our needy veterans to providing recreational activities and field trips. Some of it is used to buy Christmas gifts for our residents as part of our Secret Santa Program. Many donations are received in the memory of a deceased veteran. Other organizations send us clothing that is placed in our Veterans Store. Residents are allowed to take whatever items they need but cannot personally afford.

Others donate books, television sets and even medical equipment such as wheelchairs and walkers for residents in our Healthcare Facility. One deceased veteran had requested that \$312,000 from his estate be donated to our facility and used for a good purpose. Another citizen sent us a check for \$3.70 and instructed us to use it to purchase postage stamps for a needy veteran to send cards or letters to his loved ones.

Many veteran posts will assist with bingo games in our domiciles or Healthcare Facility. They will provide refreshments and prizes for the winners and help them with their bingo cards. Items or cash for a raffle at the games is also donated.

It is a wonderful feeling to know that so many individuals and groups have not forgotten our veterans and the sacrifices they have made for our nation.

On behalf of our residents we salute them for remembering and caring for our veterans. May God bless them!

CONNECTICUT WOMEN

More than 200 Connecticut women veterans and representatives of various organizations recently attended a reunion of the veterans. The event included information about the benefits available to female veterans and featured an educational program to discuss what women veterans have contributed to our nation's military efforts and to the state of Connecticut.



Photographs by Charlotte Storey of the Veterans' Home staff.

VETERANS REUNION

Governor M. Jodi Rell welcomed the veterans to the event and discussed the changing role that women have played in the U.S. Military. The featured speaker was Brigadier General Wilma L. Vaught U.S. Air Force (retired) who led the campaign to raise over \$20 million for the Women in Military Service for America Memorial which stands in the main gateway to Arlington Nation Cemetery. Commissioner Linda Schwartz welcomed those attending, reminding them that there are currently 14,500 women veterans in our state.



Residents of our Veterans' Home enjoy the wearing of the **RED, WHITE AND BLUE.....AND GREEN!**



What better way to celebrate St. Patrick's Day than being entertained by a troupe of Irish Step Dancers? Providing social activities for our residents is an important part of our mission. This year, approximately 25 performers from the Duffy Academy Dance Studio of East Hartford were on hand to lead the celebration. The dancers, between the ages of 5 and 25, made certain our veterans enjoyed St. Paddy's Day with a real Irish spirit!



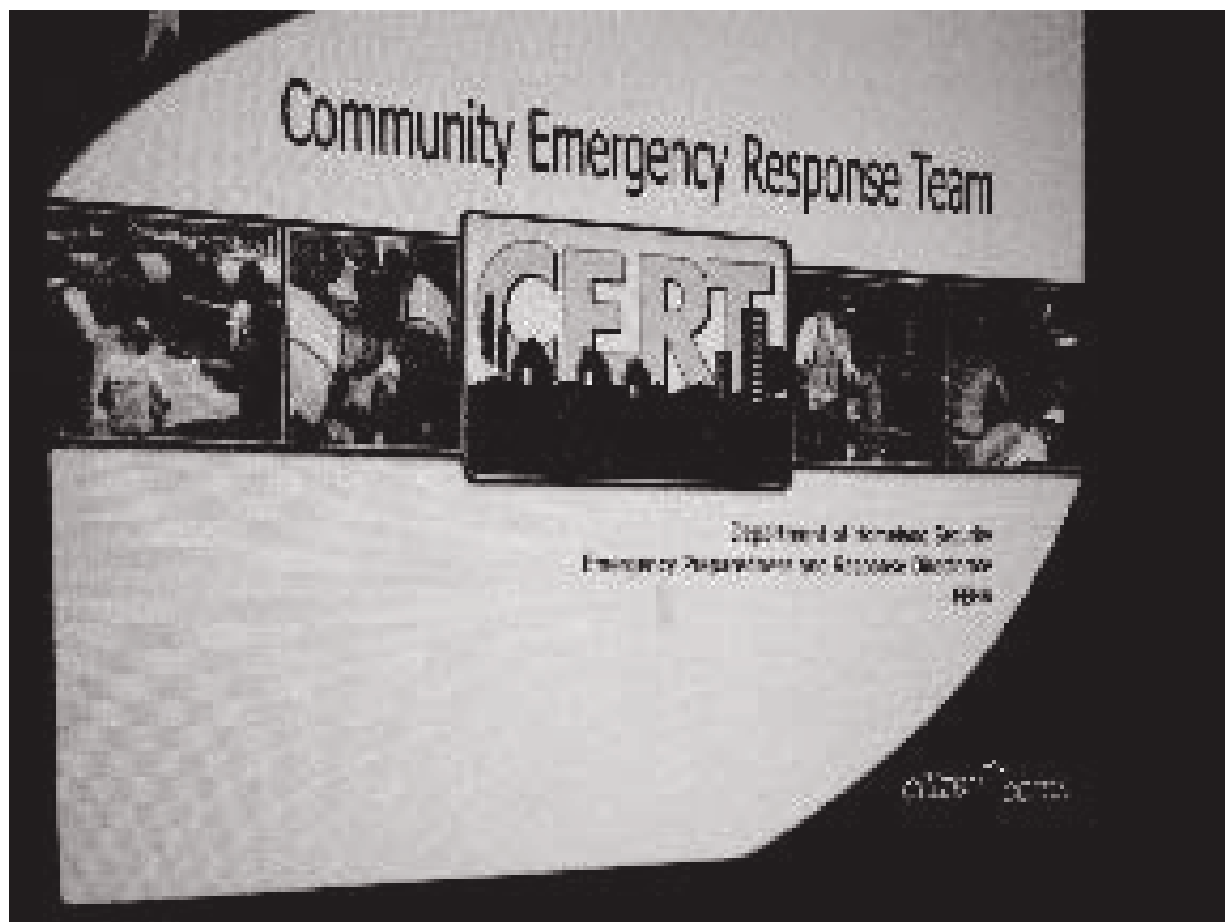
Photographs by Charlotte Storey of the Veterans' Home staff.

Our veterans learn what to do

IN CASE OF AN EMERGENCY!



More than 30 of our residents are taking part in an eight-week training program known as CERT, which stands for Community Emergency Response Training. Paul Benyeda of the Connecticut Office of Emergency Management and Homeland Security is conducting the classes. Upon completing the course, the “students” will be certified members of a Community Emergency Response Team and will be able to assist emergency responders in saving lives and protecting property.



Photographs by
Charlotte Storey
of the Veterans'
Home staff.

Directions:

From 91N:

Exit 23, right at end of ramp, take left at 3rd traffic light to enter our facility.

From 91S:

Exit 23, left at end of ramp, take left at 4th traffic light to enter our facility.

From 84:

Take 91 South and follow above directions.



VETERANS' TELEPHONE DIRECTORY

State of Connecticut

Department of Veterans' Affairs.....1-800-447-0961

Admitting Department.....(860) 529-2571

Billing Department.....(860) 721-5839

Residential & Rehabilitative Services.....(860) 721-5833

Hospice Program/Respite Care.....(860) 721-5955

Office of Advocacy and Assistance.....(860) 721-5893

Public Affairs.....(860) 721-5939

Connecticut Veterans' Cemetery.....(860) 721-5838

Soldiers', Sailors' and Marines' Fund

(For temporary, emergency assistance).....(860) 953-4345

FEDERAL VA MEDICAL CENTERS

West Haven.....(203) 932-5711

Newington.....(860) 666-6951

FEDERAL VA INFO LINE 1-800-827-1000

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